



# CNIC SAFETYNET

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## CNIC

**Navy Executive Safety Board** - Commander, Navy Installations Command (CNIC, formerly CNI), Safety provided Flag concurrence to Naval Safety Center (NSC) regarding proposal to stand up a Navy Executive Safety Board (NESB) chaired by the VCNO. CNIC supports the NSC proposal to form two committees under the NESB - an Operations Committee, chaired by the Fleet Forces Command (FFC) representative, and an Operations Support Committee, chaired by a CNIC representative and co-chaired by the FFC representative. NSC will serve as Executive Agent in support of the NESB. NESB POC is Hank Spolnicki.

**Enterprise Safety Application Management System (ESAMS) Update** - Through February 2006, 220,000 personnel have been entered into ESAMS. This number represents 68 percent of the CONUS and 5 percent of OCONUS. Currently, on-site support is being provided to Commander Navy Region Southwest (CNRSW). It is anticipated that 1,000 supervisors have/will be trained throughout CNRSW during February and March 2006. At the same time, on-site support is being provided to Commander Navy Region Hawaii. The first training sessions for an OCONUS region, Commander, Navy Region Guam, will commence 6 March and continue for three weeks. During the month of February, 48,000 training records were completed by personnel and added to ESAMS; and over 21,000 monthly safety talks were recorded.

**Asbestos Program Policy** - Section 1701 of the newly signed OPNAVINST 5100.23G, Navy Safety & Occupational Health (SOH) Program Manual, requires that the Asbestos Program Manager implement the activity's Asbestos Management Program (APM). This section states: "The APM may be located in the public works department, health and safety, or the environmental department. Smaller activities, with host-tenant relationships may use the building manager or facilities' representative to act as the liaison with the host when a written agreement exists specifying that the host is responsible for carrying out the APM's duties." CNIC is currently drafting policy for asbestos work to provide guidance to installations in help with identifying who is the responsible party for each specific program element of asbestos management.

**Annual CNO Shore Safety Awards Announced** - RADM Weaver extends his congratulations to the CNIC activity and individual award winners of the 2005 CNO shore safety awards for significant contributions to Navy safety and occupational health (SOH). Naval Safety Center announcement of award winners was released 7 February 2006.

### CNIC Navy Shore Activity Award Winners:

CONUS Medium Industrial: Naval Air Engineering Station Lakehurst, NJ

CONUS Large Non-Industrial: Naval Air Station (NAS) Jacksonville, FL

CONUS Medium Non-Industrial: NAS Atlanta, Marietta, GA

CONUS Small Non-Industrial: Naval Submarine Base Kings Bay, GA

#### CNIC Individual Award Winners:

CDR Todd D. Barclay, Executive Officer, NAS Keflavik

William J. Turnbull, CSP, SOH Manager, Navaal Air Facility (NAF), Misawa, Japan. Mr. Turnbull has also been selected as the new Regional Safety Manager for Navy Region Europe.

Awards recognize outstanding achievement in SOH. Both command and individual winners excelled in directly supporting the Secretary of Defense's 50% mishap reduction goal by striving to reduce mishaps and their costs, improve operational efficiency and effectiveness, demonstrate safety leadership, and promote a world-class safety culture within their commands.

Awards will be presented on Tuesday, 14 March 2006, at the 14th Annual Safety Professional Development Conference (PDC) during the General Session. In addition, Navy shore activity winners' nomination packets will be forwarded as the CNO nominees for the competitive Secretary of the Navy (SECNAV) award for achievement in safety ashore.

**Safety Cross Functional Team (XFT) (Former Safety IPT)** - The next XFT meeting will be held 4-7 April 2006 at Naval Station Great Lakes, as part of the annual Public Safety Conference. In preparation for the upcoming meeting, Safety XFT Working Groups (OSH, Traffic Safety, Recreational/Off-Duty Safety, and Explosives Safety) will be working on action items from the last Safety IPT meeting (December 2005), including revisions to Performance Data Call questions and objective matrices.

**Integrated Safety Management System Site Visits Scheduled** - The Commander Navy Region Southeast activities participating in the Integrated Safety Management System Program will participate in the post-perception survey process in March and April. Safety opinion surveys consisting of twenty-five controlled questions will be administered to a minimum of 30% of the targeted population at each activity. Additional information will be obtained through interviews with department heads and Safety & Occupational Health management. Survey questions will address the barriers/challenges to achieving safety improvements, how the culture could be improved, and what changes were noticed in the safety process in the past year. The results of the surveys will then be compared with the pre-assessment surveys that were administered to the activities in April and May of 2005 to measure changes in employee perceptions. The survey results will be distributed to each command and summarized in a report to Congress.

#### **Navy & Marine Corps Safety Council Shore Safety Committee**

**Voluntary Protection Program (VPP) Working Group** – The DoD VPP Center of Excellence (CX) has begun reaching out to 44 selected DoD installations to assist them in implementing programs that meet the criteria established by OSHA for the Voluntary Protection Program (VPP). The Navy has selected 11 activities for this focused technical assistance. The Navy and Marine Corps selection process was initiated by the VPP Working Group in December, with review by the Echelon Two's and the Special Assistant Chief of Naval Operations for Safety Matters. The Deputy Assistant Secretary of the Navy (Safety) (DASN(S)) made the final approval and transmitted the list of selected installations to the CX. For the selected installations, the first step will be an engagement visit by a technical team member to describe the process to activity leadership and employee representatives and to begin building the foundation for the next steps. Within a few weeks after the initial engagement visit, a three- to four-person CX team will perform a comprehensive gap analysis to develop an action plan for the activity. The activity will review the action plan and modify it as needed and assign responsibilities and completion dates. Ongoing technical assistance will be provided by the CX over the next five years. The selected activities will implement their action plans at their own pace with the expectation that they will achieve OSHA's VPP Star status within the five year period. CNIC already has four installations enrolled in the program, and they will begin their engagement visits in February. The four CNIC sites are Na-

val Air Station Joint Reserve Base Ft. Worth, TX; Naval Amphibious Base Little Creek, VA; Submarine Base Bangor, WA; and Submarine Base New London, CT.

**Occupational Health Support (OHS) Working Group** - The OHS Working Group will meet following the Navy Occupational Health and Preventive Medicine Conference in Hampton, Virginia on 24 March 2006. Topics of discussion will include hearing conservation best practices training, Enterprise Safety Application Management (ESAMS) OHS development, Navy Knowledge On-line OHS recommended courses (Asbestos, Reproductive Hazards and Hearing Conservation), evaluation of the Occupational Exposure Limit (OEL) policy, and results of the mold analysis sampling surveys.

## Occupational Safety & Health

- **National Nutrition Month** [www.eatright.org/Public/](http://www.eatright.org/Public/)
- **Workplace Eye Safety Month** [www.aao.org](http://www.aao.org)
- **19-25 National Poison Prevention Week** [www.cpsc.gov](http://www.cpsc.gov)

**Navy Safety and Occupational Health (SOH) Program Manual Revision Signed** - OPNAVINST 5100.23G was signed out on 30 December. This instruction covers the implementation of the SOH Program. Forms in Chapters 8, 9, 12, and 13 have been revised, renamed and/or renumbered. Two new ergonomic forms have been added to Chapter 23. Injury and illness investigation, reporting and recordkeeping requirements have been removed from Chapter 14 and now reside in OPNAV 5102.1D/MCO P5102.1B. Chapter 13, Navy Occupational Safety and Health Cost Data and Chapter 26, Man-Made Vitreous Fibers, were eliminated and replaced by two new chapters - Chapter 13, Fall Protection Program and Chapter 26, Chemical-Biological-Radiological-Nuclear-Explosive (CBRNE) Events. References have been updated and include web links. The policy manual is posted on the OPNAV directives website [http://neds.daps.dla.mil/Directives/5100\\_23G.pdf](http://neds.daps.dla.mil/Directives/5100_23G.pdf).

**Seventh Annual DoD Industrial Hygiene Forum Ancillary Function, AIHA Conference & Expo** - Hyatt Regency McCormick Place, Chicago, Illinois 16 May 2006. <http://www.dodforums.org/IH2006/>

**Call for Abstracts: 13<sup>th</sup> Conference of the International Society for Respiratory Protection** - Abstracts are due 31 March 2006 for the 13<sup>th</sup> *Conference of the International Society for Respiratory Protection*. The conference will be held 27 August 27 - 1 September 2006 in Toronto, Ontario, Canada. Topics for papers include respiratory protection for healthcare workers, emergency responders, and those in developing countries, updates on standards and regulations, emerging hazards and technologies, and fundamentals of respiratory protection. More information on the Call for Abstracts is available at [http://www.isrp.com.au/isrpcom/callforpapers\\_toronto.htm](http://www.isrp.com.au/isrpcom/callforpapers_toronto.htm). Additional information on the conference can be found at <http://www.isrp.com/au>.

**National Occupational Research Agenda (NORA) Symposium 2006: Research Makes a Difference** - Co-sponsored by the National Safety Council, the Symposium will recognize the first ten years of NORA research and mark the 35<sup>th</sup> anniversary of the Occupational Safety and Health Act. The Symposium has nearly 200 research abstracts submitted and will be held at the L'Enfant Hotel in Washington, D.C. on 18-20 April 2006. For more information or to register please visit the Symposium web page at <http://www.cdc.gov/niosh/nora/symp06>.

**Study Links Noise Exposure to High Blood Pressure** - On-the-job noise contributes to high blood pressure, which in turn can cause heart disease or stroke, according to a study recently published in the *Archives of Environmental Health*. Study researchers recorded noise levels at a Midwest auto assembly plant, and correlated them with heart rate and blood pressure measurements among plant workers. Researchers found workers' blood pressure was affected by overall noise exposure, while spikes in instantaneous loud noises affected heart

rate. The use of hearing protection significantly reduced the impact of noise on systolic blood pressure, researchers said. <http://www-personal.umich.edu/%7Elusk/sallyres.html>

**Heat Wrap Therapy Eases Occupational Back Pain** - Continuous low-level heat wrap therapy significantly reduces acute low back pain in employees working in physically demanding jobs, according to a study conducted by researchers at Baltimore-based Johns Hopkins University and published in the *Journal of Occupational and Environmental Medicine*. The heat wrap is worn over the lower back, under clothing. According to the study, patients who received treatment over a three-day period in conjunction with pain management education experienced rapid and significant reduction in pain intensity, and greater pain relief, than patients who received only pain education.

**NIOSH Offers Guidance on West Nile Virus** - NIOSH recently published a document that answers questions about West Nile virus relevant to laboratory, field and clinical workers. The document also includes recommendations for preventing worker exposure to the virus. The West Nile virus most often is spread to humans from the bite of an infected mosquito. The virus was first reported in the U.S. in 1999, and NIOSH said that occupational exposures have been documented. Details are available on the NIOSH website at: <http://www.cdc.gov/niosh/docs/2006-115/>.

## Traffic Safety

**CNIC Traffic Safety Program** - Two CNIC Traffic Safety and RODS Instructors will spend 13 days aboard the USS ROOSEVELT, providing general traffic safety, classroom motorcycle safety, and recreational safety training to the Sailors as the ship is returning to its Norfolk homeport. The training will be tailored for three different categories of Sailors – low, medium, and high risk. Some of the course offerings will be an eight-hour AAA Driver Improvement Course, a general traffic safety stand down, recreational safety stand downs, and the classroom portion of the Motorcycle Safety Foundation Basic Rider Course. Sailors will take the riding portion of the latter course in Norfolk. With 13 days of immersion in safety training, the goal is for Sailors to leave the ship with a heightened awareness of safety and responsible driving and riding behaviors.

According to Navy mishap statistics, motorcycle riding is one of the most risky activities in which Sailors are involved. The CNIC Traffic Safety and RODS program staff are responding to many requests for Motorcycle Safety Rodeos, which include riding events and safety seminars and focus motorcyclists and the general public on motorcycle safety. Interest is rapidly growing among Sailors for involvement in Navy Motorcycle Rider Clubs, which would provide support to newcomers to the sport and additional training opportunities for long-time motorcyclists. At the request of Navy motorcyclists, some training programs have added Group Riding training to the Experienced Rider Course (ERC) which has consequently raised attendance in ERCs.

CNIC Traffic Safety personnel are overseeing the taping of a two-minute safety video to be shown in Navy movie theaters before feature films. The taping is taking place at NAS Jacksonville, and Navy personnel and their personal cars and motorcycles are being used in background scenes. The video content is based on a social norming concept which strives to make it “cool” and responsible to be a safe driver and motorcycle rider. The concept also supports a statement from the January 2006 message from the Secretary of the Navy in which he said, “We must encourage peer intervention in and out of the workplace.”

**OSHA Offers New Guidelines to Help Reduce Motor Vehicle Crashes** - Employers and employees who use motor vehicles for work purposes can benefit from new guidelines developed by the Occupational Safety and Health Administration (OSHA), National Highway Traffic Safety Administration (NHTSA) and Network of Employers for Traffic Safety (NETS). The 32-page *Guidelines for Employers to Reduce Motor Vehicle Crashes* features a ten-step program outlining what an employer can do to improve traffic safety performance and minimize the risk of motor vehicle crashes. The document includes success stories from employers who



have benefited from effective driver safety programs. The guidelines include a detailed section on the causes of aggressive, distracted, drowsy and impaired driving, and tips for avoiding such behavior on the road. The motor vehicle guidance can be ordered by calling the publications office at (202) 693-1888 or is available from OSHA's publications page at: <http://www.osha.gov/pls/publications/pubindex.list>. A pdf file of the guide can be downloaded at [http://www.osha.gov/Publications/motor\\_vehicle\\_guide.pdf](http://www.osha.gov/Publications/motor_vehicle_guide.pdf).

## **Recreation & Off-Duty Safety (RODS)**

**CNIC Recreation & Off-Duty (RODS) Update** - In January, posters highlighting responsible behavior at Super Bowl celebrations were distributed to all CONUS CNIC Regions. The Traffic Safety and RODS Team continues to work closely with the Naval Safety Center to develop material on high risk behavior, which will be a part of the Recreational Off-Duty Safety session at the Professional Development Conference in Norfolk, VA this month.

**Time, Not Intensity Key to Exercise** - The amount of exercise may be more important than intensity in improving cardiovascular health, according to researchers at Durham, NC-based Duke University Medical Center. Researchers found a moderate exercise regimen, such as 12 miles of brisk walking each week, can provide significant improvements in fitness levels while reducing the risks of developing cardiovascular disease. Further, researchers found any additional increase in amount or intensity can yield even more benefits. <http://www.dukehealth.org/news/9296?from=RSS>

**Study: Exercise Reduces Dementia Risk** - Middle-aged people can reduce their risk of developing dementia and Alzheimer's disease later in life by remaining physically active, according to a new study conducted by researchers from the Aging Research Center at the Karolinska Institutet in Stockholm, Sweden. Researchers found people who exercised at least twice a week in sessions lasting 20 minutes or more reduced their risk of developing Alzheimer's disease by 60 percent, compared with those who did a smaller amount of training. The active group also lowered their odds of having dementia by 50 percent, researchers reported.

## **A-76**

**A-76 Preliminary Planning Team (PPT)** - met in Ft Worth, TX on 14-16 February. The meeting objective was to initiate new team members into the PPT process. The Team reviewed the Safety IPT Report for possible inclusion into the PPT process; reviewed and discussed the listing of functional descriptors for OSH, Traffic Safety, RODS and Explosives Safety; reviewed and discussed gaps in the safety staff authorizations as of 31 July 2005; discussed the adjusted POA&M and the upcoming milestones; distributed formal Letters of Designation to the PPT members; discussed and provided PPT/Performance Work Statement training requirements and the proposed schedule.

The PPT will be able to use some information from the Safety IPT Report. The functional descriptor review is 95% complete and will be released this month for final comment. The new timetable will be based on the adjusted POA&M for completing the PPT by the end of September 2006. PPT members were tasked to provide: gap information for the safety staff authorization baseline as of 31 July 2005; military billet description of duties performed in supporting the safety office; and information related to any shared positions or billets funded by more than one CNIC account. The next PPT meeting will be held the week of 22 April in Ft. Worth, TX.

**CNIC SAFETYNET is a publication of CNIC Safety Code N9.**

**Comments and suggestions are welcome. Contact - [CNI\\_safetynet@navy.mil](mailto:CNI_safetynet@navy.mil)**